

This month's Member of the Month is Tammy Ruff.

We love Tammy, because she is all business and gets it done. Tammy works her run plan beautifully, and also commits herself to strength training. And her results since joining Resolute Running have been phenomenal! Congratulations on your success, Tammy! We love having you on our team!



***1. How long have you been a runner? When did you become a “runner”?***

I started running about three years ago, because I was still holding on to my baby weight from three years earlier. I was only running about 10 miles a week at that time. I dropped 25 pounds and started increasing my distance. I guess I felt like a runner when I was running pretty much every day and feeling bad if I missed a day.

***2. What made you join Resolute Running?***

I joined Resolute Running because I wanted to race a half marathon. I had no previous racing experience. I was running the same speed every day and not getting any faster. I knew I could run 13 miles, but I wanted to run it faster.

***3. Do you take any classes at Resolute Running Training Center?***

I take the TRX Strong and TRX Ripcore classes at Resolute Running. I weight train on my own but find the classes at Resolute Running add a whole new dimension to my training. I'm sore in places I'm never sore from weight training alone. I can even see my abdominal muscles now.

***4. That's awesome! What have your results been since joining Resolute Running?***

Since joining Resolute Running, I have raced a 10 miler and two half marathons. I've come in first for my age group in all three races. I'm running a lot, but I feel good and not as worn down as I did when I was running on my own.

***5. What is your favorite Resolute Running memory?***

I'm somewhat introverted so I've just enjoyed being in the mix and seeing the relationships that have developed between Resolute Runners. I'm looking forward to getting to know people better and enjoying some runner camaraderie.

***6. What advice would you offer to anyone considering a personal run coach and Resolute Running?***

I would recommend Resolute Running to anyone. I'm in the best shape I could hope to be at 48, and I credit most of that to Coach Ann's training and all of the classes at Resolute Running. She's always encouraging. I feel like she cares about me as a person first, and a runner second. I feel pushed, but not overwhelmed. And I'm injury free. It's a win/win situation.